

HOW DO I LOG MY KMS?

Your profile page includes your personal distance tally so you can track your distance towards your target. This is a great way to keep your friends updated on your workouts! If you track your workouts with Fitbit, MapMyFitness or Strava your distances will automatically add to your tally.

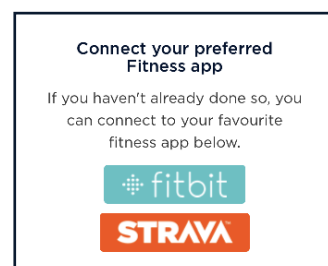
Follow these steps to track your KMs automatically:

1 **DOWNLOAD** THE FITBIT, STRAVA OR MAPMYFITNESS APP AND SET UP YOUR ACCOUNT



2 **LOG IN** TO YOUR MACA CANCER 200 CHALLENGE ACCOUNT

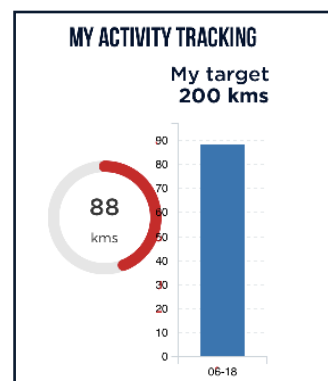
Under the heading 'Connect your preferred Fitness app', click your chosen app. Follow the prompts and connect your account.



3 **TRACKING** YOUR KMS

Automatically

When you next work out, select 'start your workout' in the app on your phone. Once you end your workout, save your workout and your distance will be published to the tally on your page the following day.



Manually

- Log in to your account and select 'My Fitness Activity'
- Under 'Add activity', enter the date and distance
- The number of KMs will now appear on your fundraising page!

Your Fitness activity

Date *
2020-06-18

Distance (kms) *
88

Activity Type *
Ride

Steps
[Empty field]

Duration (mins)
[Empty field]

CANCEL + ADD ACTIVITY

GOT A QUESTION? FOR MORE DETAILS AND OTHER
FREQUENTLY ASKED QUESTIONS HEAD TO OUR WEBSITE